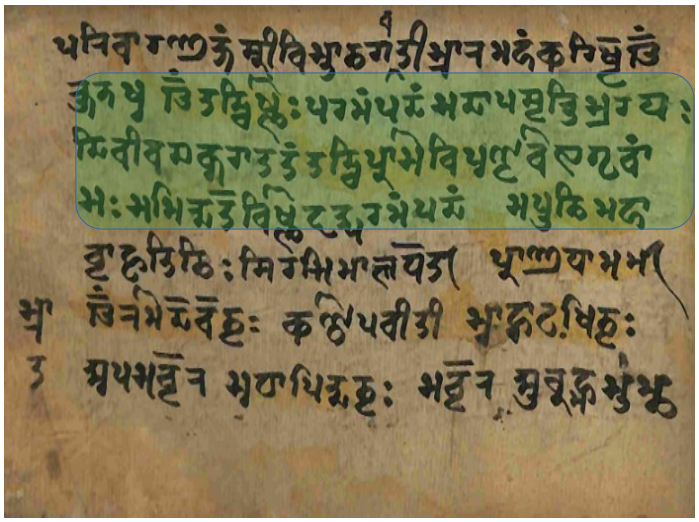
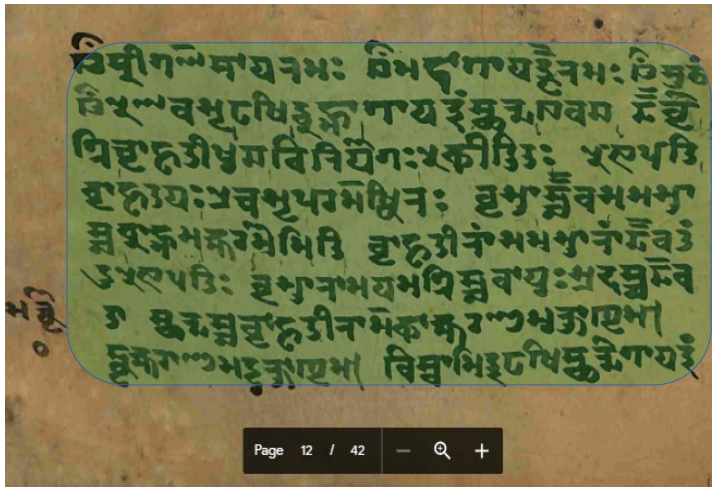
manu1.pdf **Title : Snana Vidhi – Sandhyopasana Vidhi**

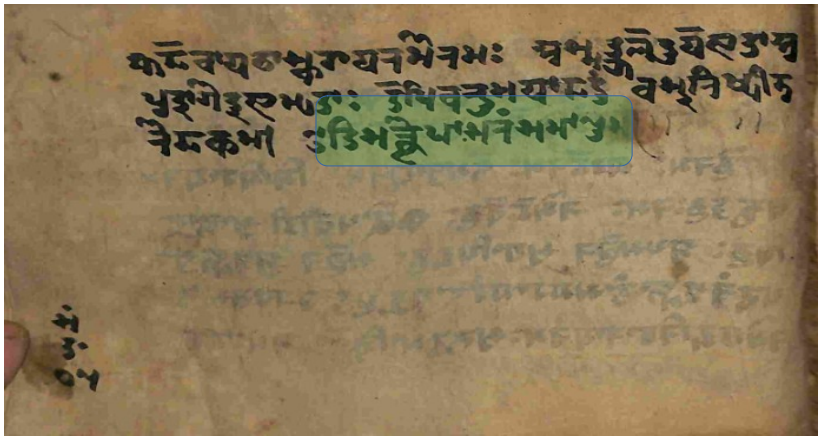


(स्नान करें)

ओं तद्विष्णोः परमं पदं सदा पश्यन्ति सूरयः
दिवीव चक्षुराततम्, तद्विप्रासो विपन्यवो
जागृवांसः समिन्धते विष्णोर्यत्परमं पदम् ॥



ओं श्रीमहागायत्र्यै नमः सावित्र्यै नमः
सरस्वत्यै नमः । ओं प्रणवस्य ऋषिर्ब्रह्मा गायत्रं छन्द एव च। देवोऽग्निर्व्याहृतिषु च विनियोगः प्रकीर्तितः।
प्रजापतेर्व्याहृतयः पूर्वस्य परमेष्ठिनः,
व्यस्ताश्चैव समस्ताश्च ब्राह्ममक्षरमोमिति। व्याहृतीनां समस्तानां देवतं तु प्रजापतिः, व्यस्तानामयमग्निश्च वायुः सूर्यश्च देवताः। छन्दश्च व्याहृतीनामेकाक्षराणामुक्तारव्यं द्व्यक्षराणामत्युक्तारव्यं विश्वामित्र ऋषिश्छन्दो गायत्रं सविता तथा। देवतोपन-



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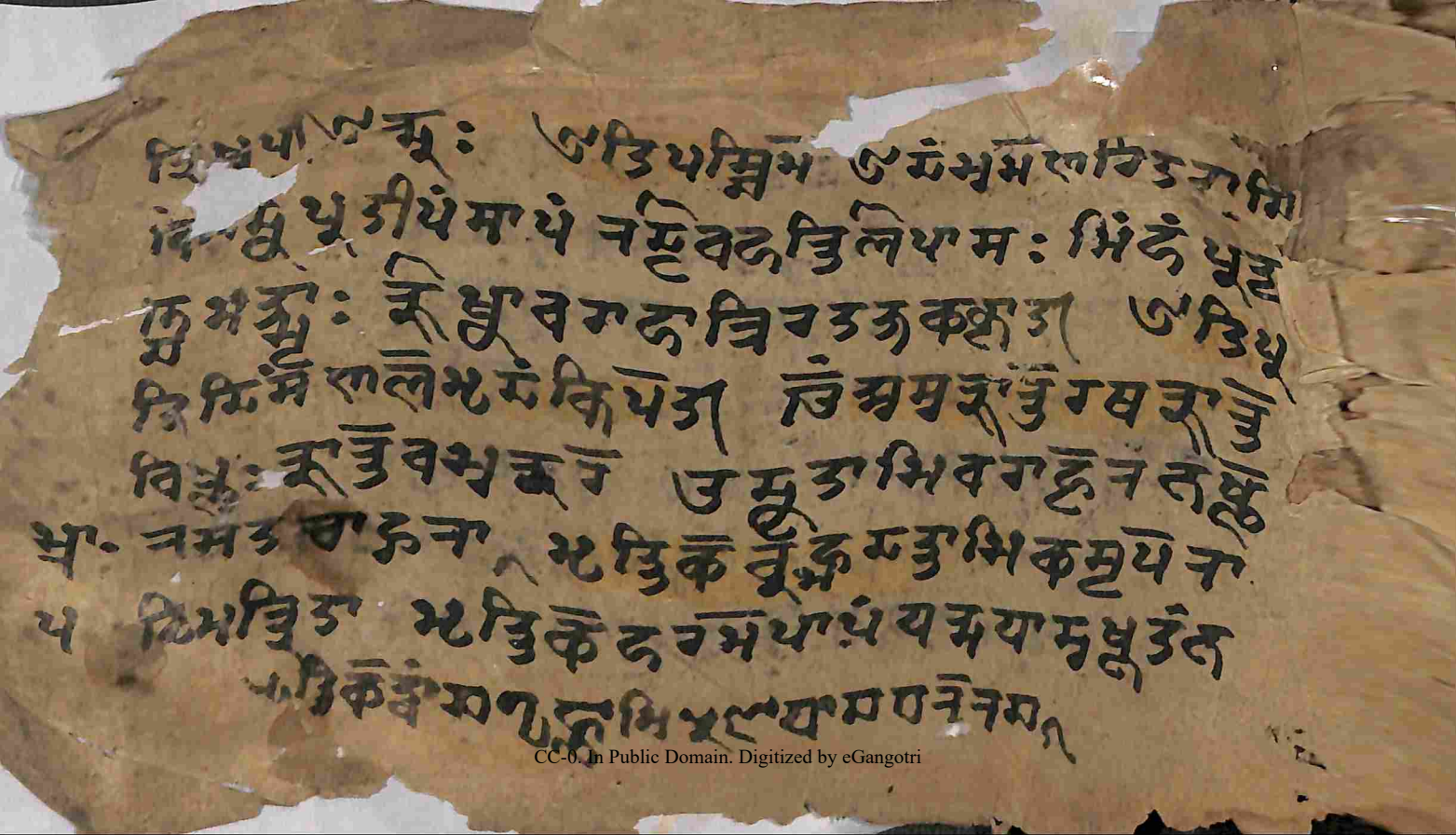

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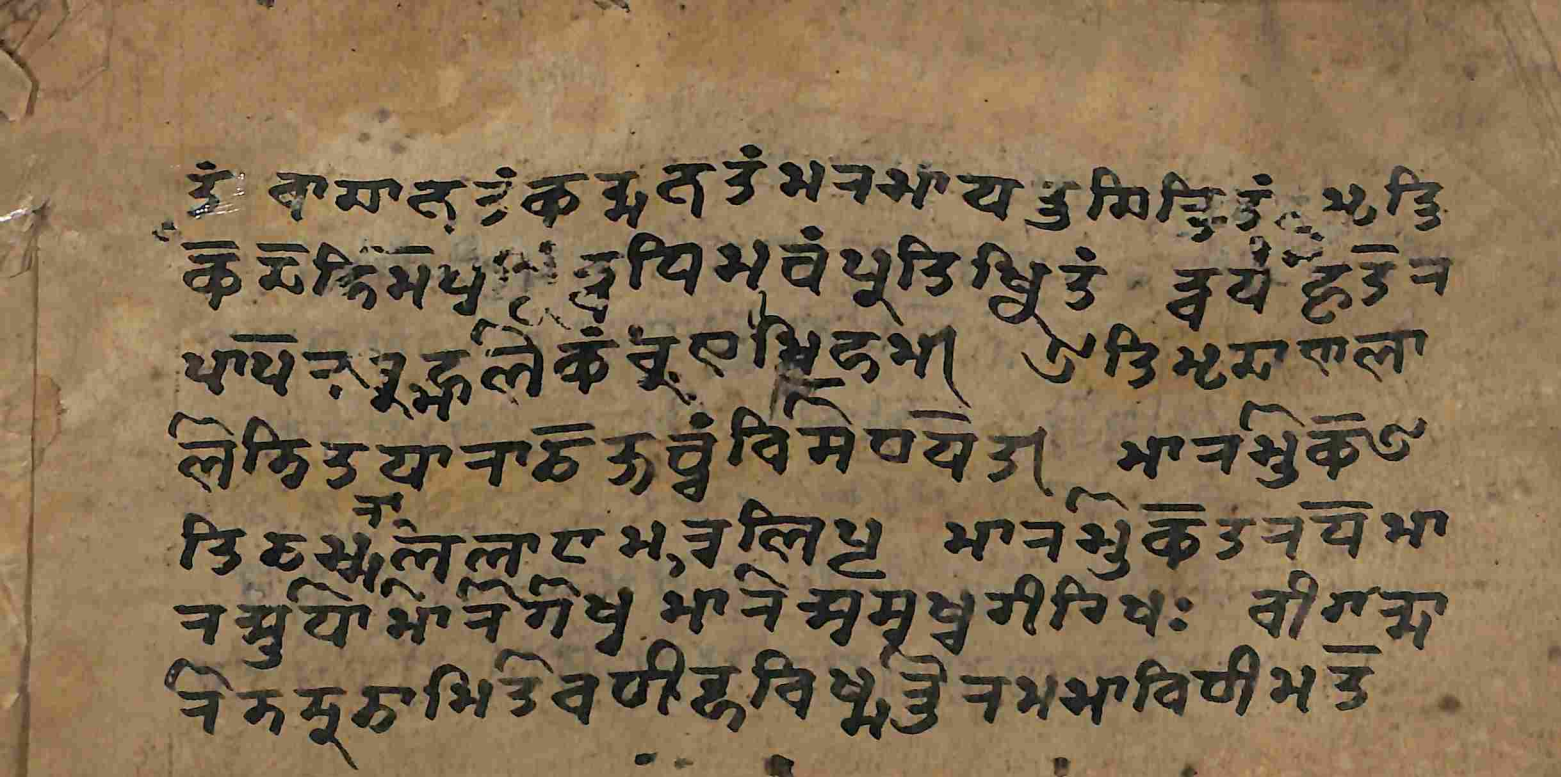

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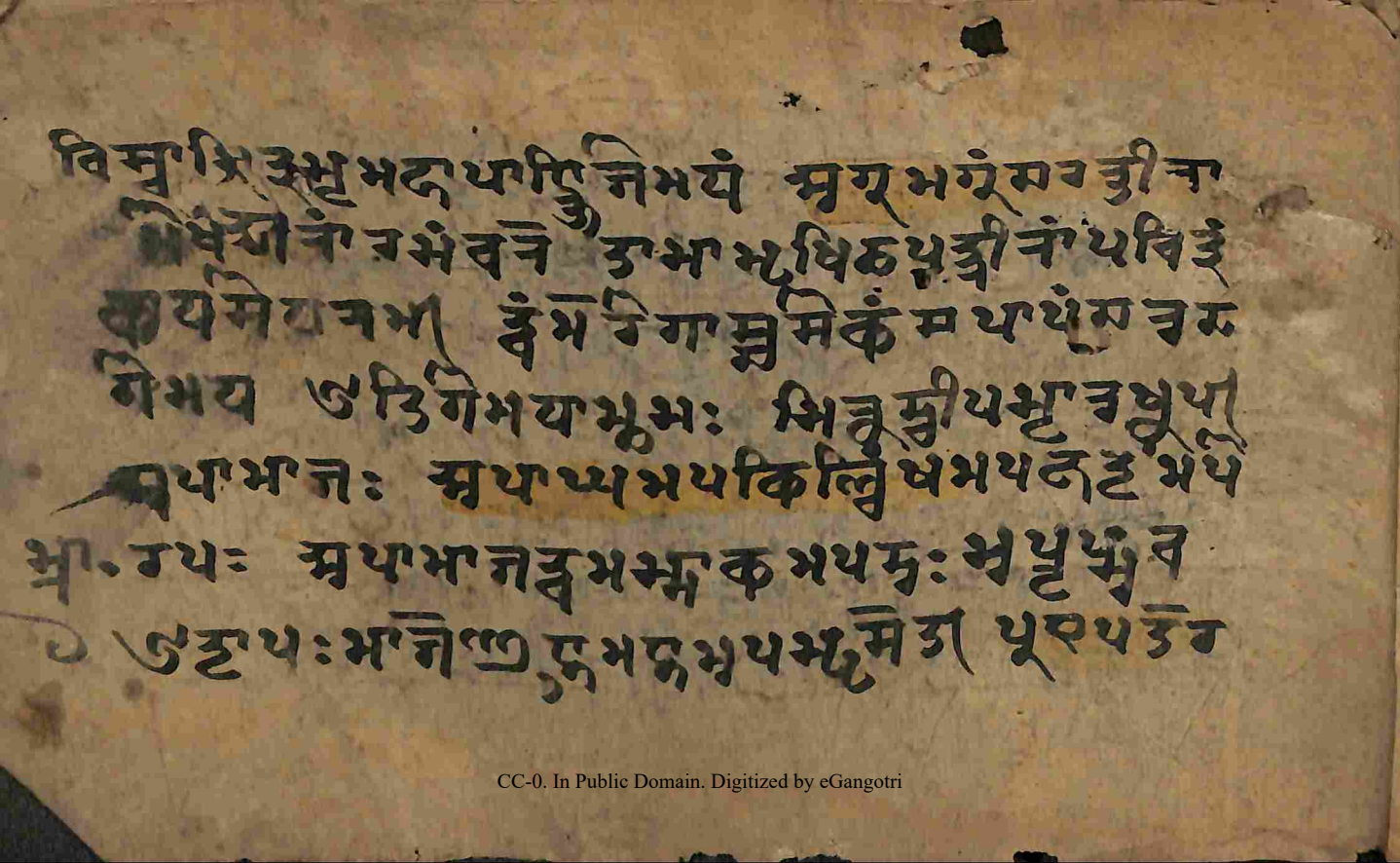

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ત્રમૂપા કવ કપ્રકપ્રકુરિકત્રીપનપઃ પ્રનપ
મ્પનિ ત્પવત્રકવપૂકત્રેઃ મકમૂલ્મકનમ્ પા
મકિત્રપૂકત્રેષિમકમૂલ્વિદમિ કમ્રોકવ
પ્રુકિવિતેમકિવિપવયમા ઙકિમકવા વિનિપ્રિ
ત્રમકિત્રુત્રપત્રમધ્રિનિમજ્ઞણા ત્રમપાપાનિ મ
વાલ્લિકવમમ્રિકત્રેમમ ઙકિમકપ્રકુરેલ્લ કી
કમ્રાવકનેંજ્ઞદત્રકુવક્રામિત્રુરમા જ્ઞનક

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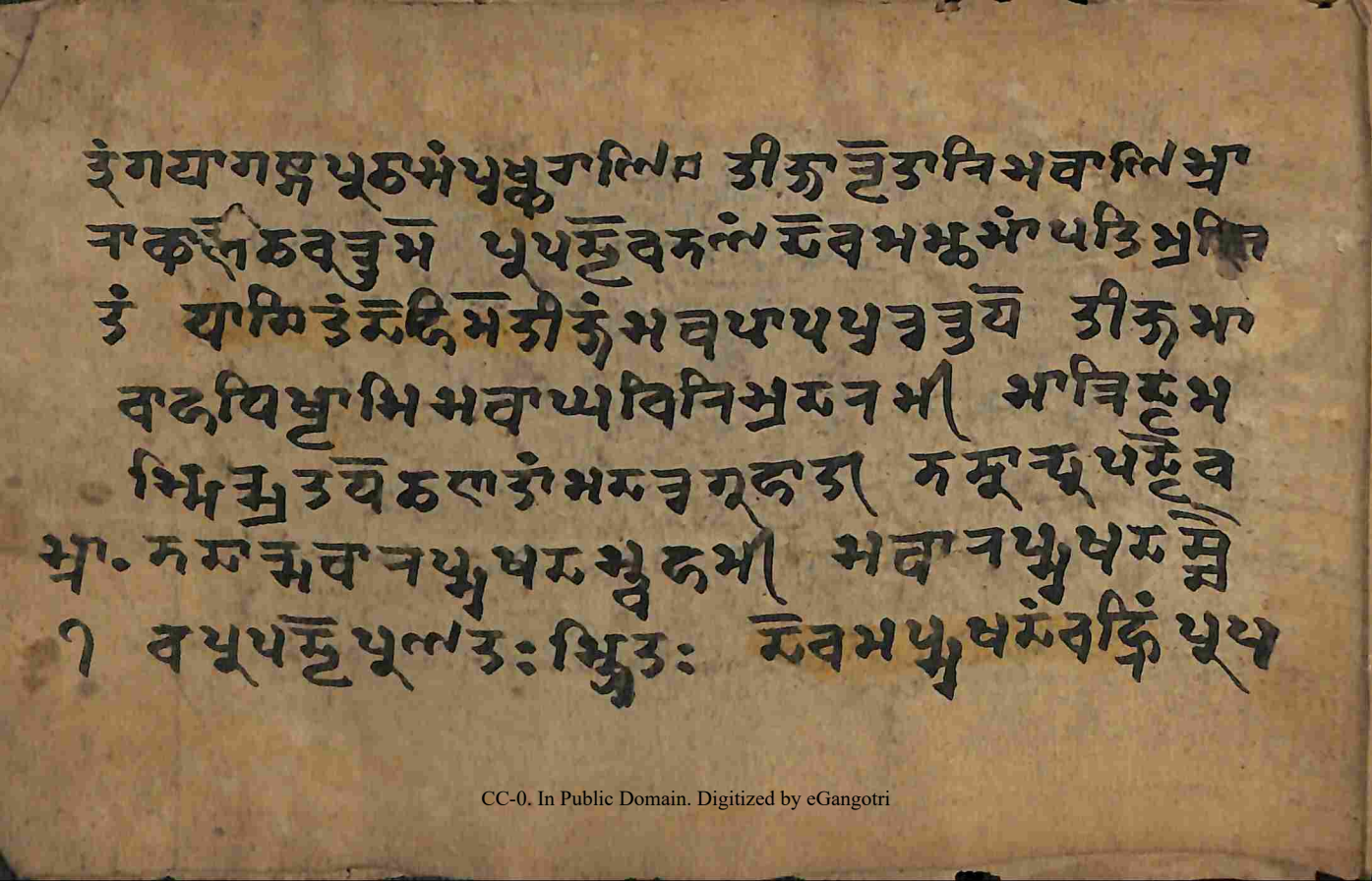

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ਪਦ੍ਭੇ ਰੂਕ੍ਸ਼ਨ੍ਮੰ ਮਸ੍ਮਸ੍ਮਰ੍ਂਣਗ੍ਹਧ੍ਰੁ ਓ ਯਦ੍ਗਸ੍ਥਿ
ਗਰ੍ਂਧਾਧ੍ਰੇਣ੍ਹਰ੍ਤੁਸ੍ਤ੍ਰੁਂਸਯੇਦ੍ਰ੍ ਤ੍ਰਸ੍ਮੈਦ੍ਰਮਕਲ੍ਪਾਨ
ਮ੍ਰਠਨਿਮ੍ਥਸ੍ਮੇਨ ਵੈਸ੍ਨਵੇ ਯਰ੍ਮੇਵਮਃ ਪਸ਼ਵੀਤ੍ਰਸ੍ਤੁ
ਗਾਤ੍ ਮਤੁਸ੍ਥਿ ਯਤ੍ਰੁਰਤਿਣਯਮਾਨਮ੍ਰੁਸ੍ਤ੍ਰੀਰਮਃ
ਕਰ੍ਯ ਤਤ੍ਰਯਤਿਮਾਸ੍ਟੇਮਨਮਾਸ੍ਮੇਰ ਯਤ੍ਰੁਃ ॥ ॥
॥ਤੈ॥ ॥ਮੈ॥ ॥ ॥ ॥ਰ॥ ॥ਸ॥ ॥ਪ॥
॥ ॥੦॥ਲੈਰ॥ਤਿ॥ ॥ ॥ਸ੍ਰੁਂਸਸ੍ਰੁਂਸਸ੍ਰੁਂਸ

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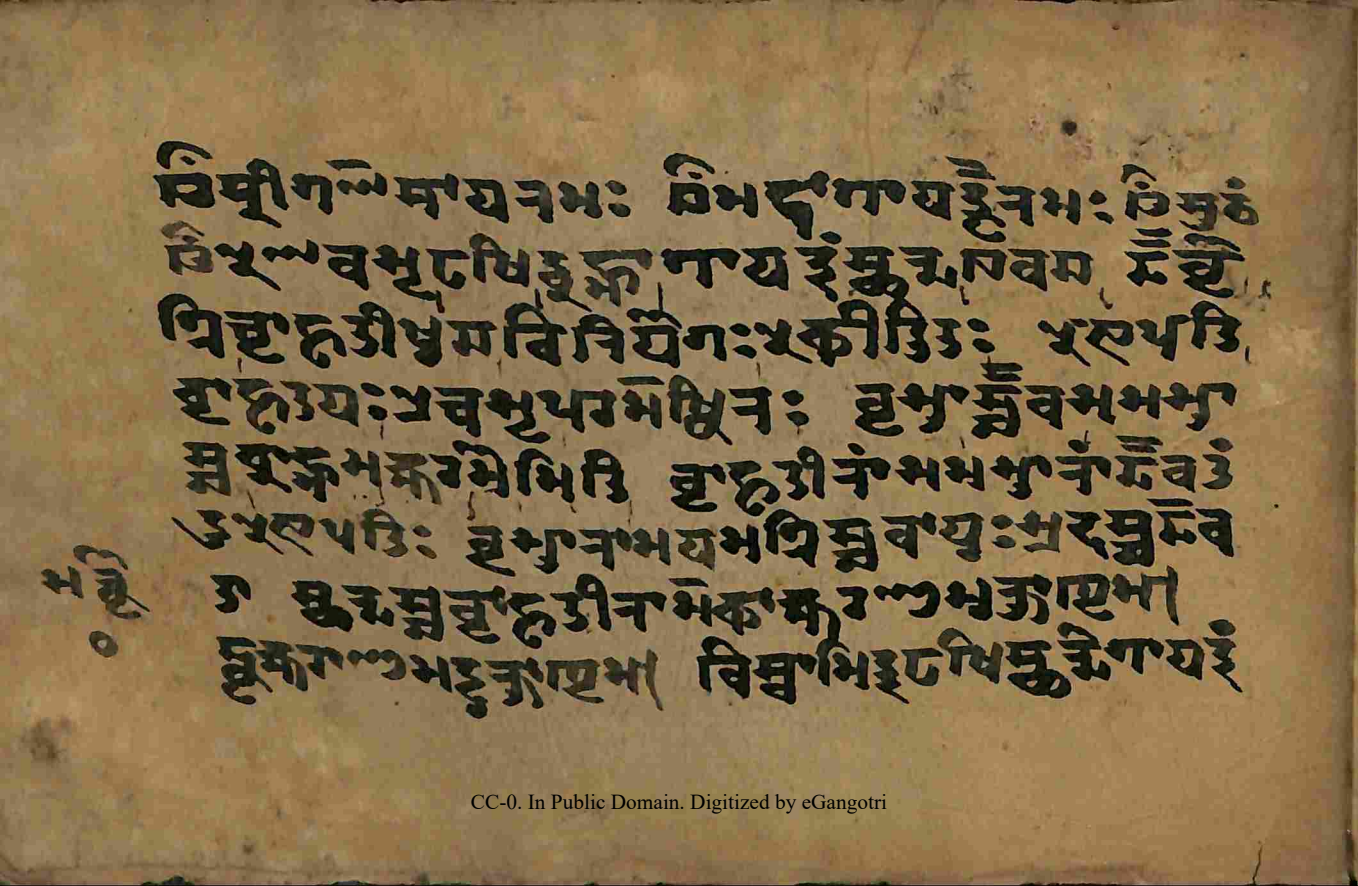

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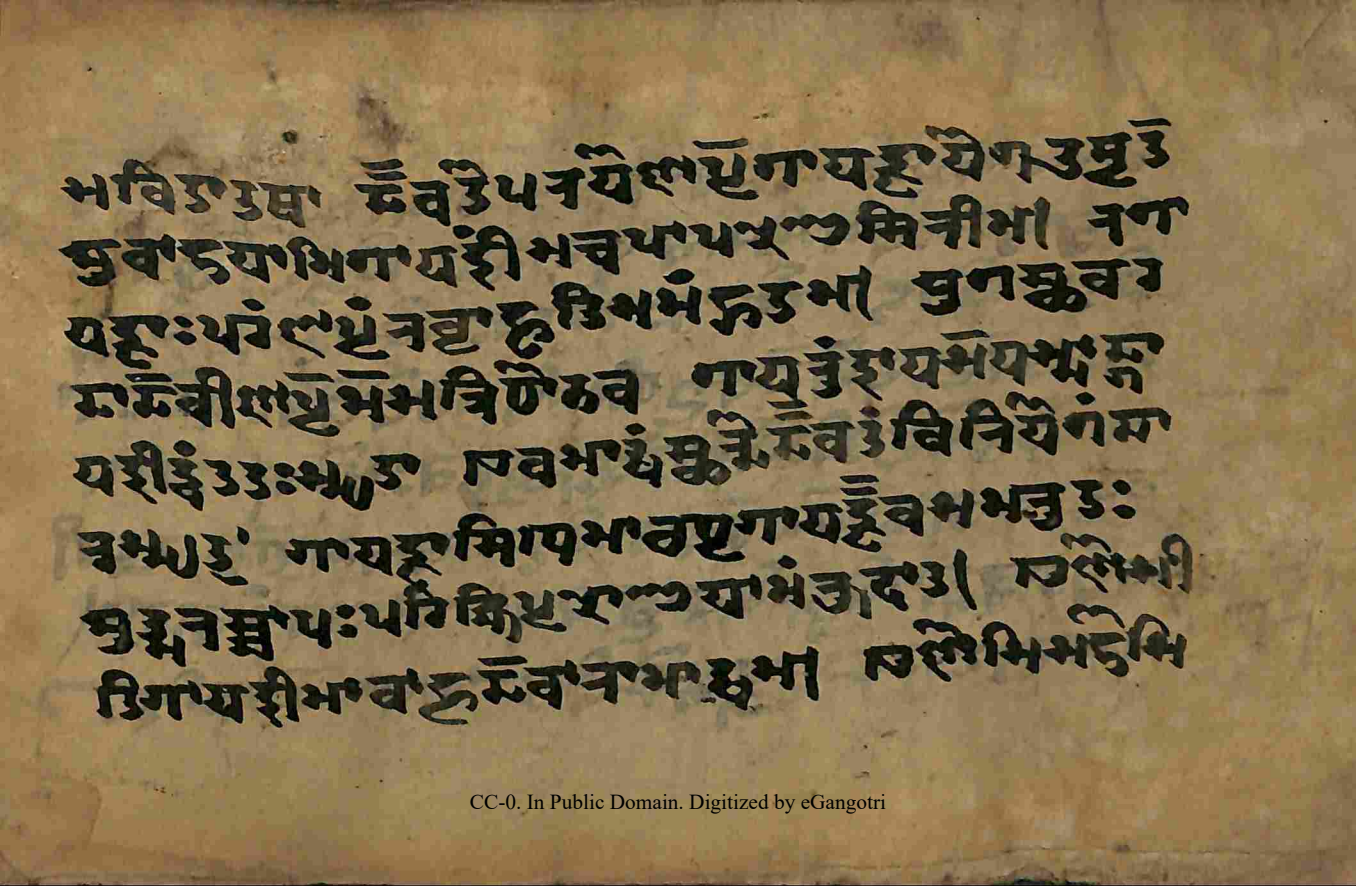

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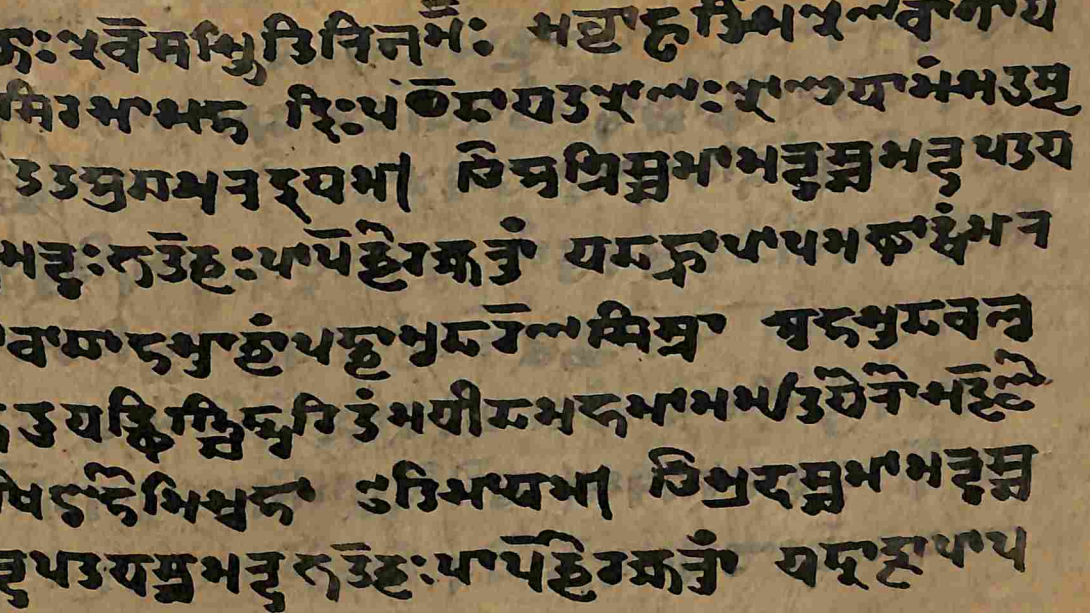

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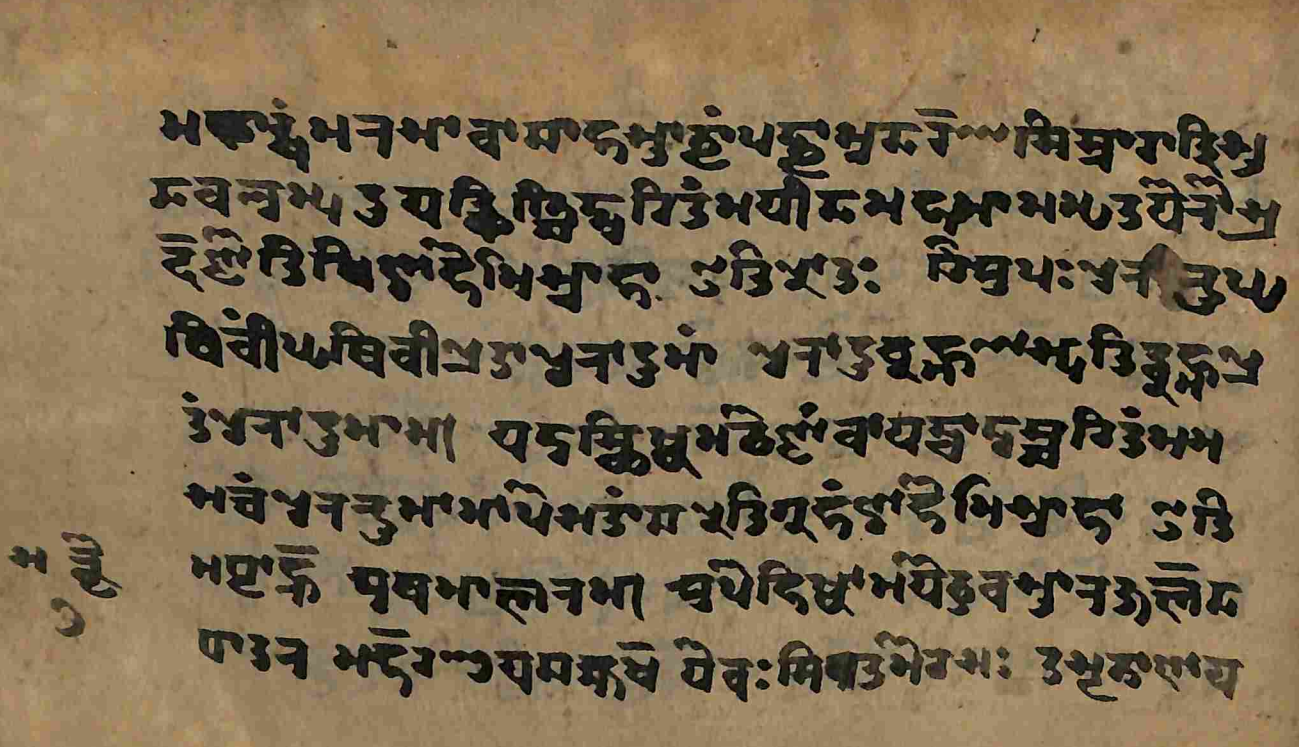

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ऽदनः उमडीविभाऽनः ऽभ्यग्रन्भाभवेयभृक्ष्या
यस्त्रिष पपेलनयषाभन किरीवऊसुमयःधव
कयभल्ऽनः कसृपेयाभ्रिन्धुः यःषधिंगहुंदणिऽवऽ
धाभुनषपःसंभैनाठवऽ यःभंऊवाटिविनधनि
ठहुंधःषनऽतिकेवऊणाठवनि यःषधिंग्रहुंदणिऽवऽ
धाभुनषपःसंभैनाठवऽ यःभंगल्वऊल्लेयतिभृ
भट्टऊऽवधसृल्लनाभा यःषधिंग्रहुंदणिऽवऽधाभु
नषपःसंभैनाठवऽ सिवेनभाभऊषधसृऽपःसिव

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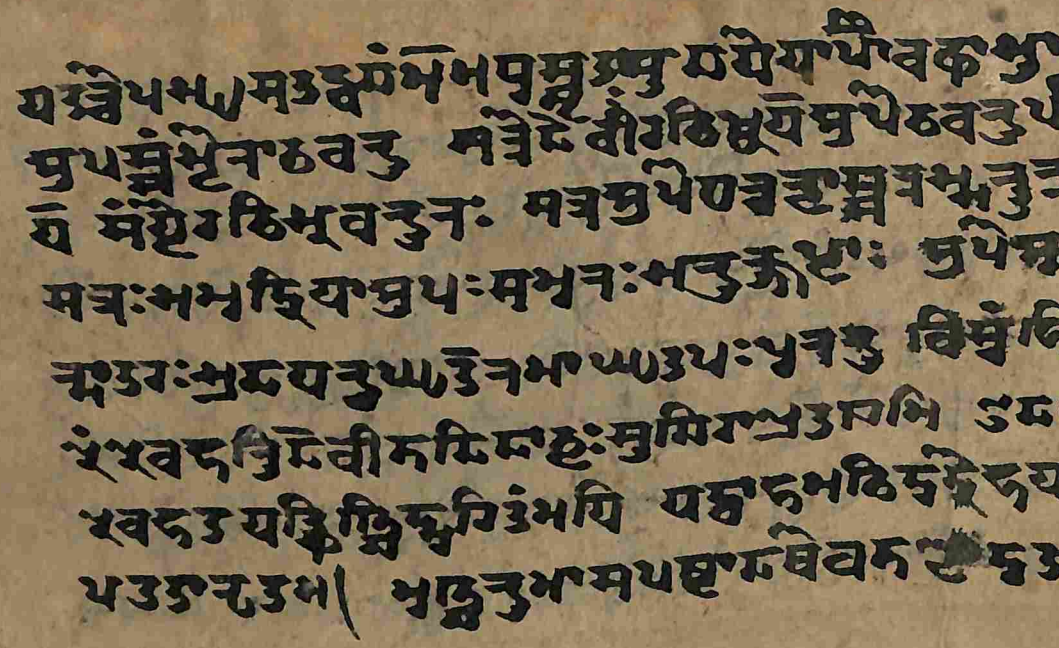

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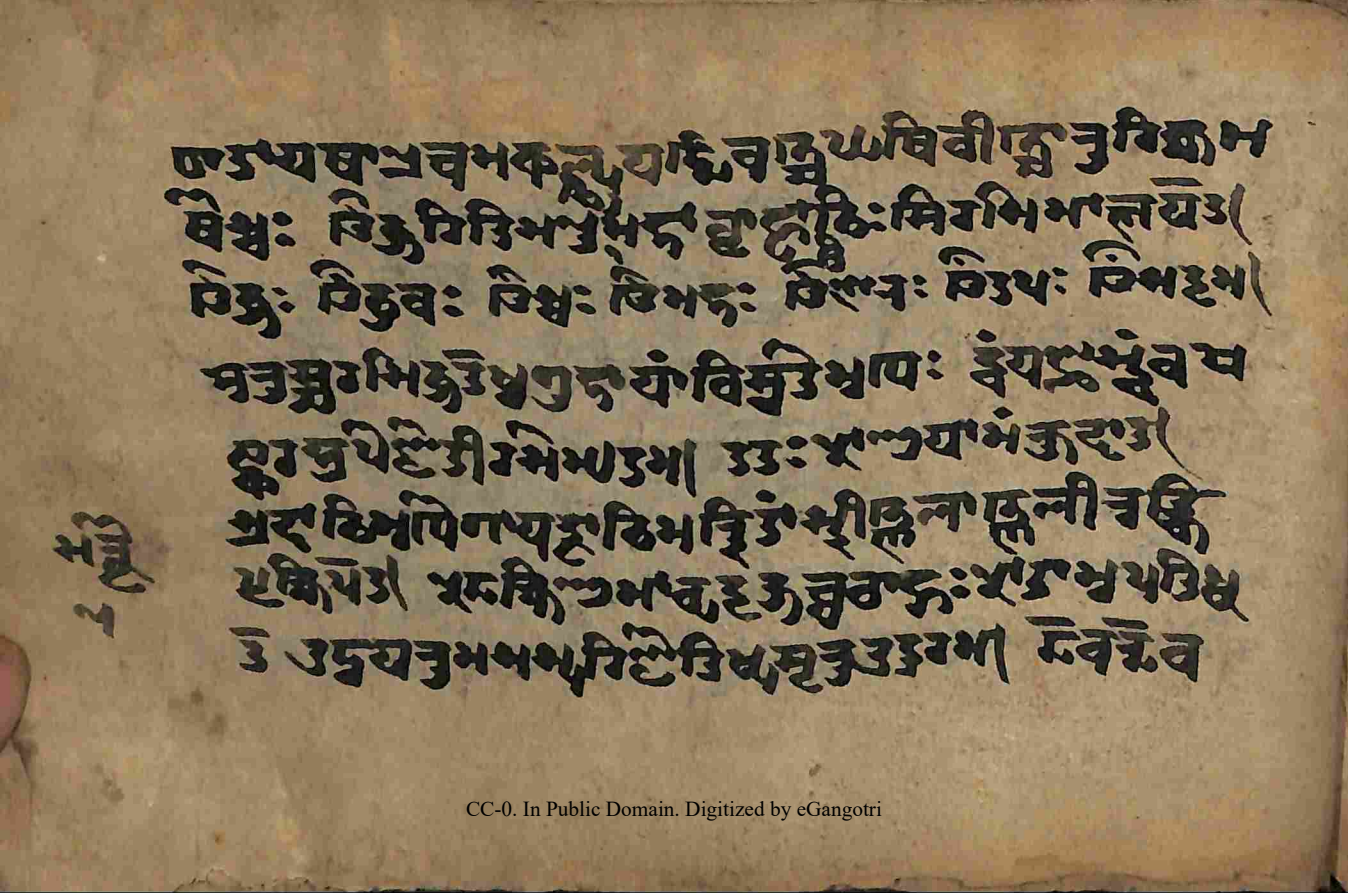

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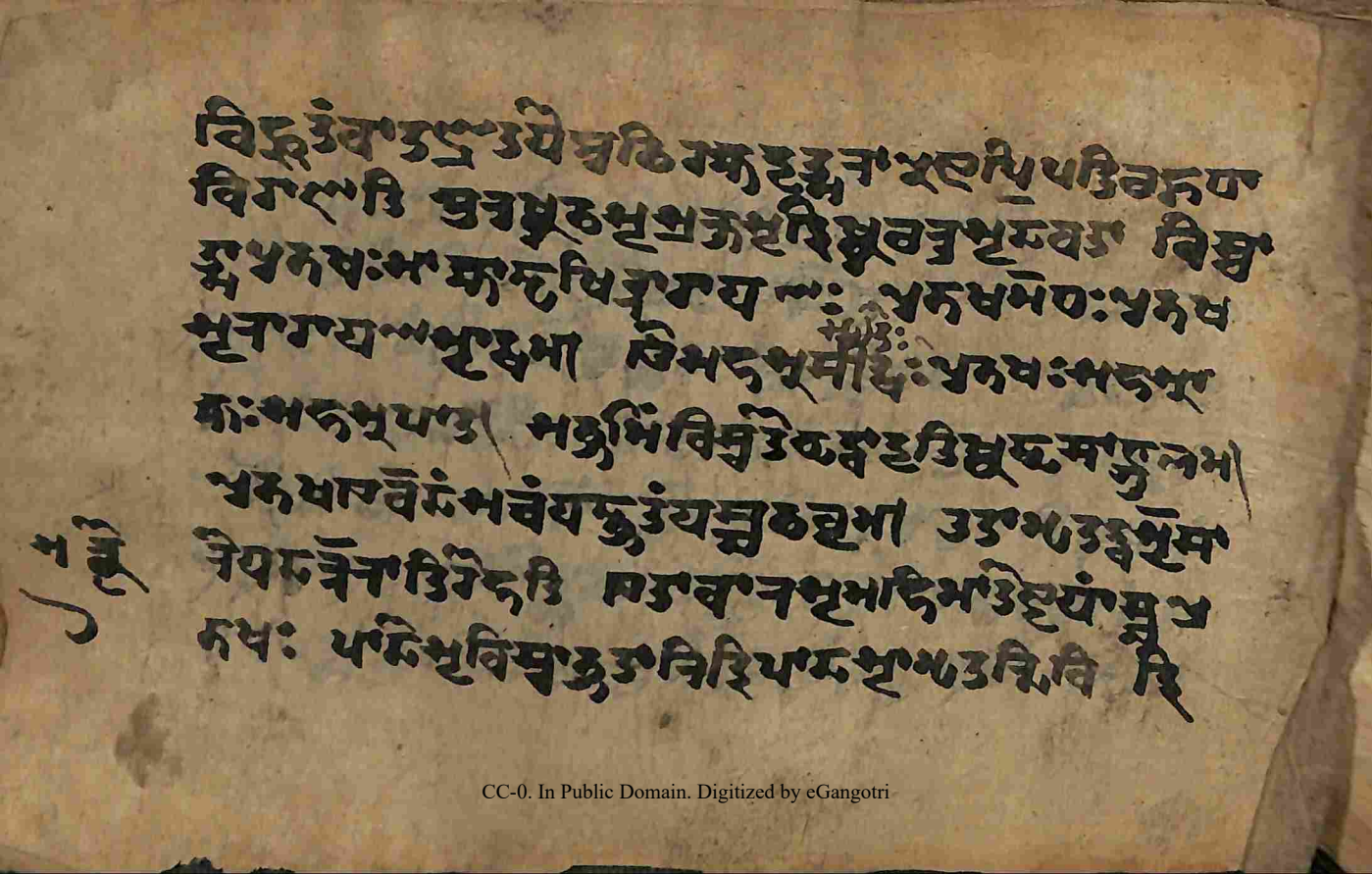

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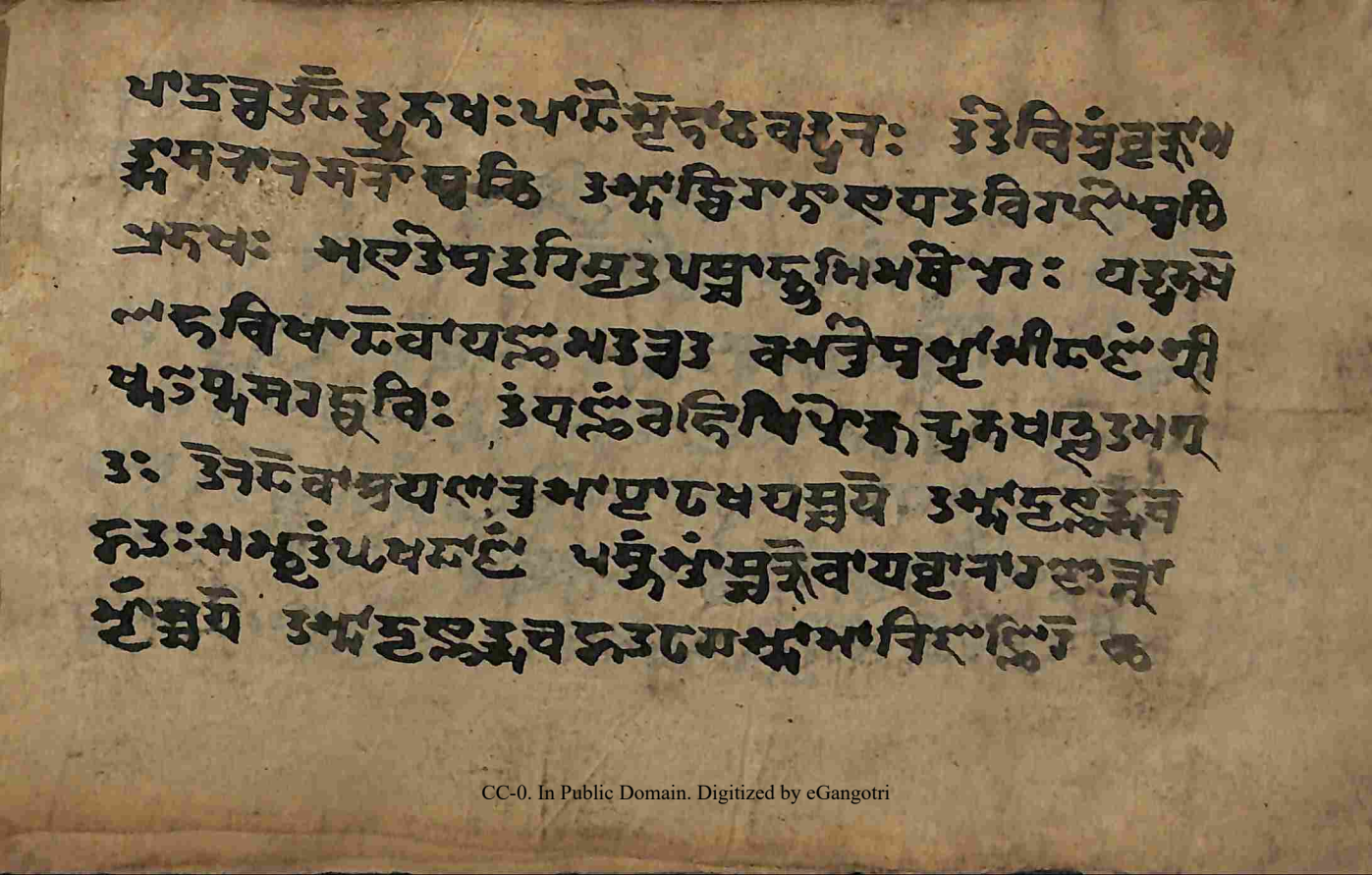

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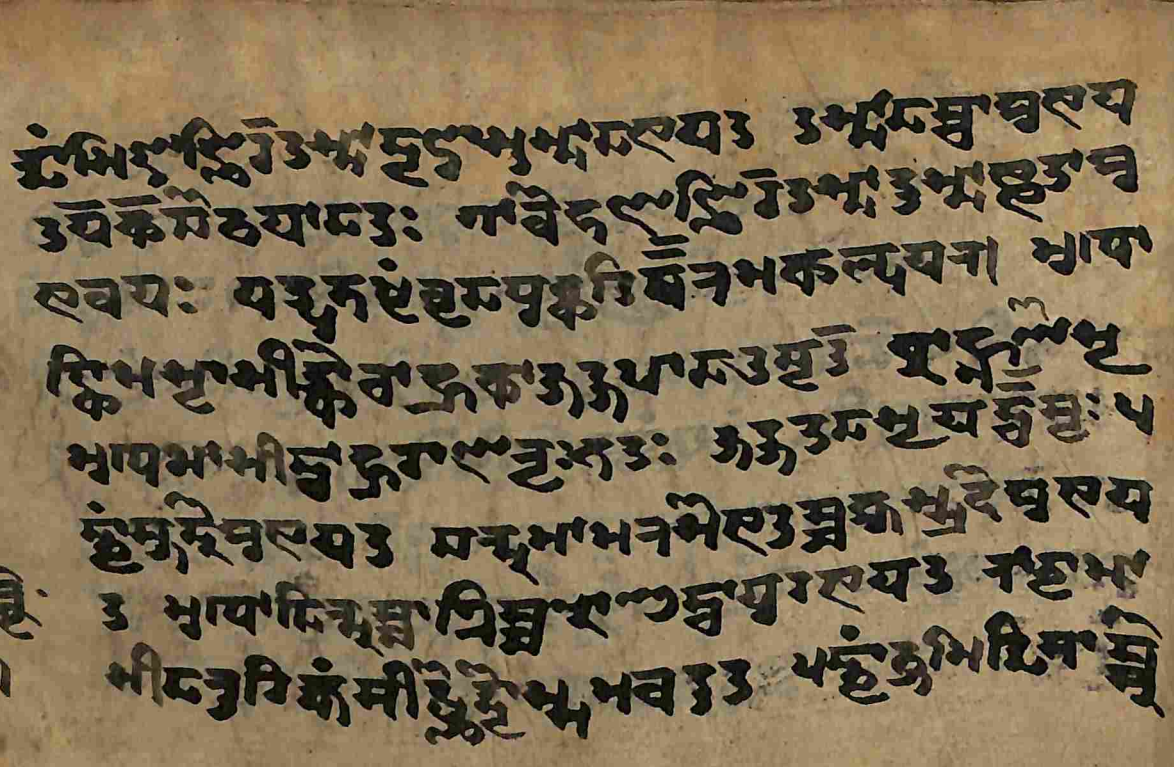

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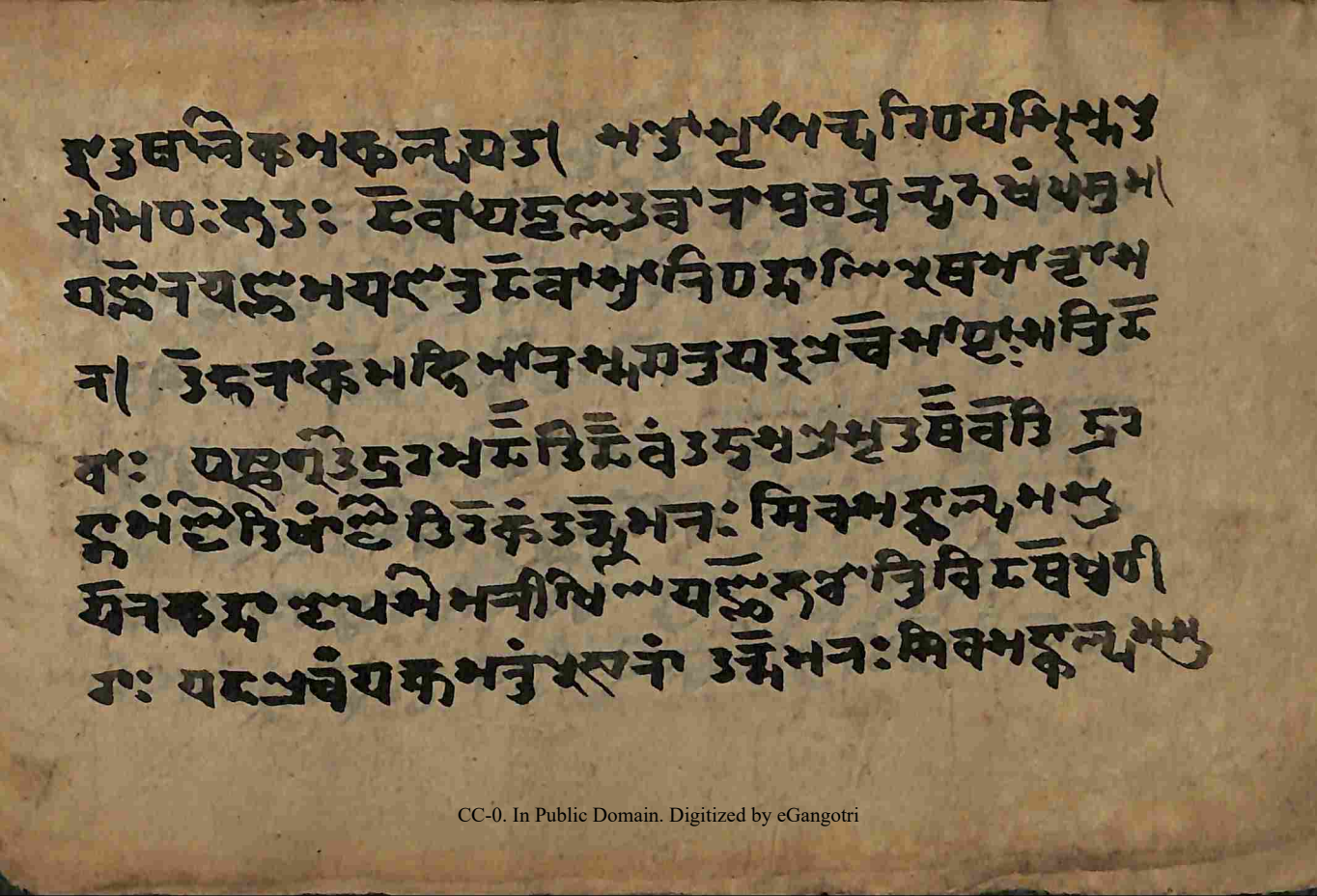

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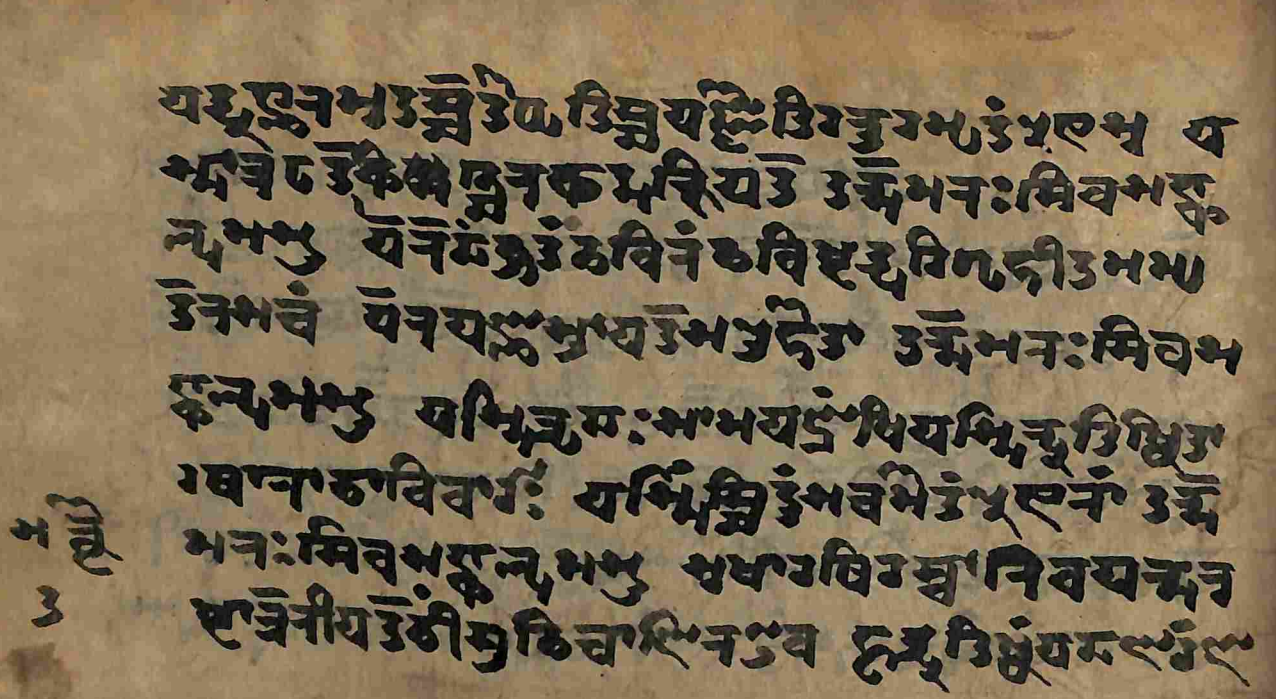

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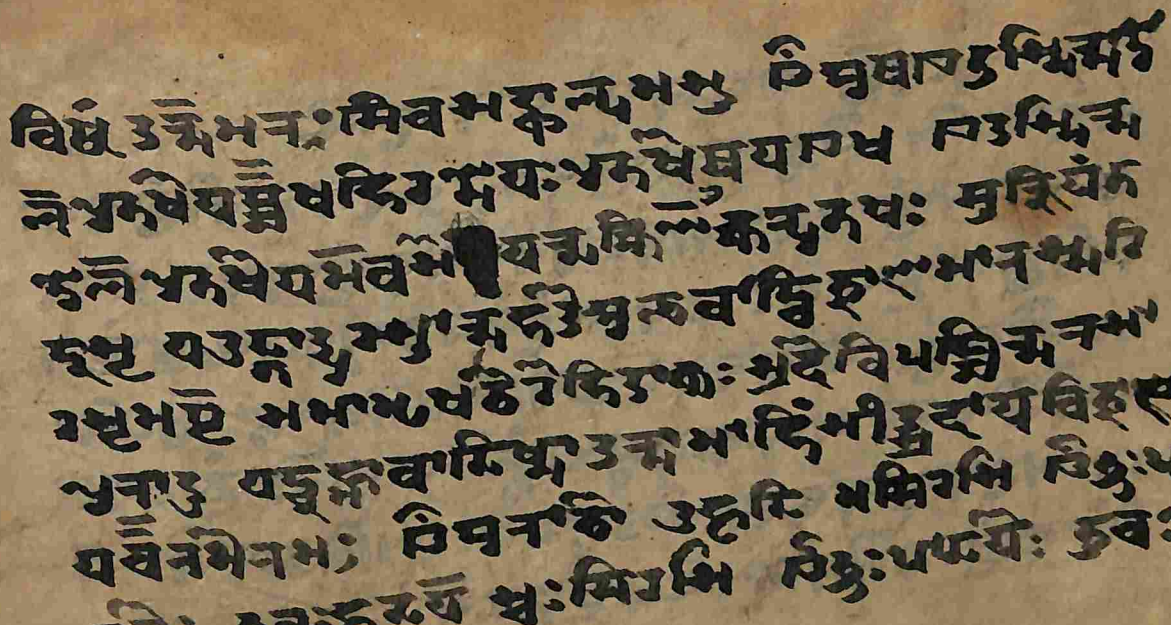

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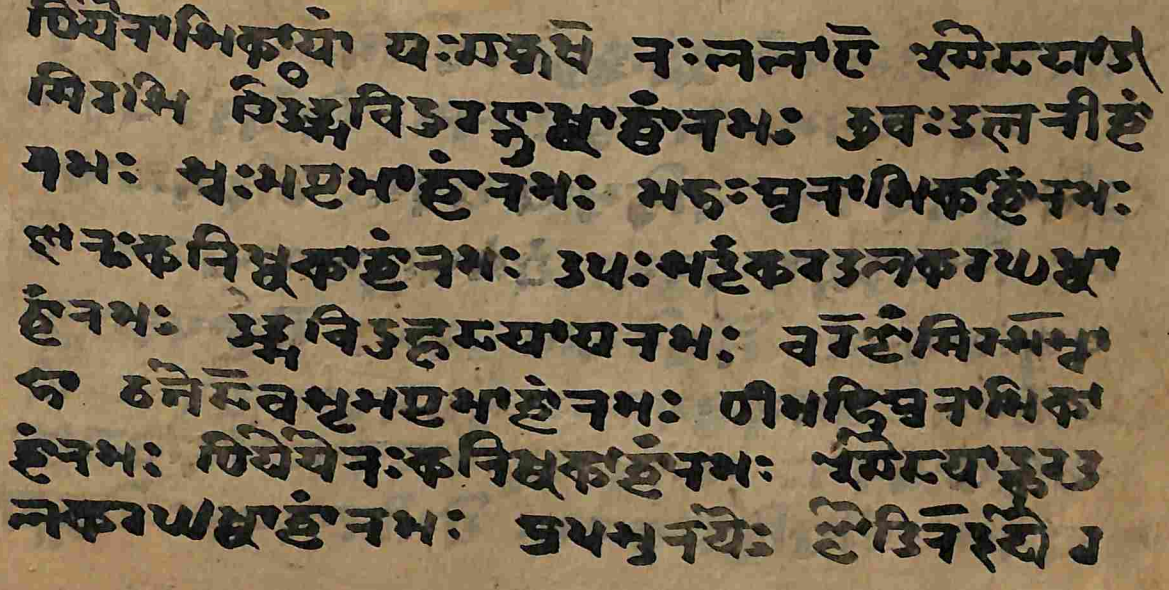
ॐ ह्रीं श्रीं परम ब्रह्मणे नमः सर्व सिद्धि
बुद्धि वृद्धि प्रदाय नमः सर्व सौभाग्य
दायिने नमः सर्व विघ्न विनाशिने नमः
सर्व मनोवांछित फल दायिने नमः
सर्व सौख्य प्रदाय नमः सर्व
रोग प्रशमनाय नमः सर्व मृत्यु
निवारणाय नमः सर्व शत्रु संघात
नाशनाय नमः सर्व विघ्न विनाशनाय
नमः सर्व दुष्ट ग्रह निवारणाय नमः
सर्व पाप प्रशमनाय नमः सर्व
दुष्ट जन्तु भय निवारणाय नमः
सर्व व्याधि विनाशनाय नमः
सर्व दुःख हराय नमः सर्व
विष निर्नाशनाय नमः सर्व
शाकिनी डाकिनी भय निवारणाय
नमः सर्व दुष्ट उपद्रव शमनाय
नमः सर्व ज्वर नाशनाय नमः
सर्व व्याधि निकृन्तनाय नमः
सर्व दुष्ट भय निवारणाय नमः
सर्व दुष्ट ग्रह निवारणाय नमः
सर्व दुष्ट जन्तु



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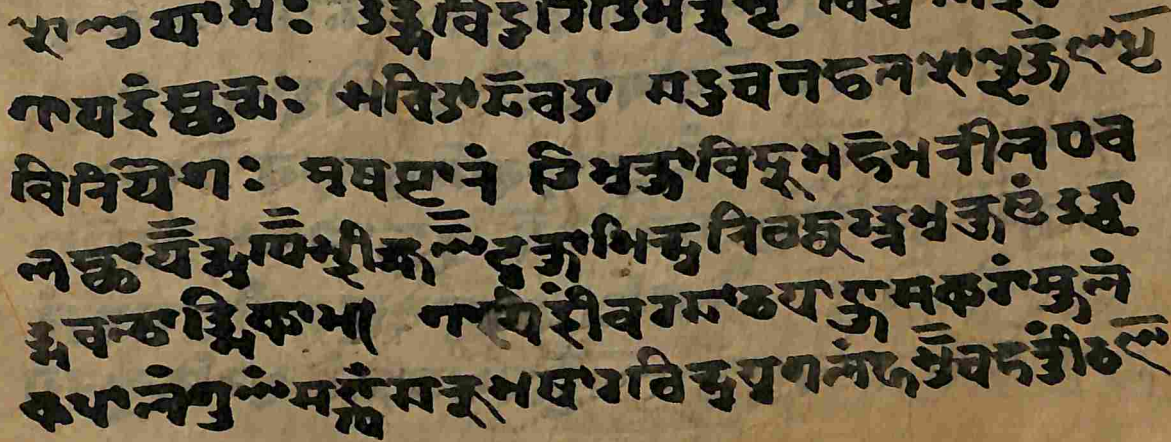

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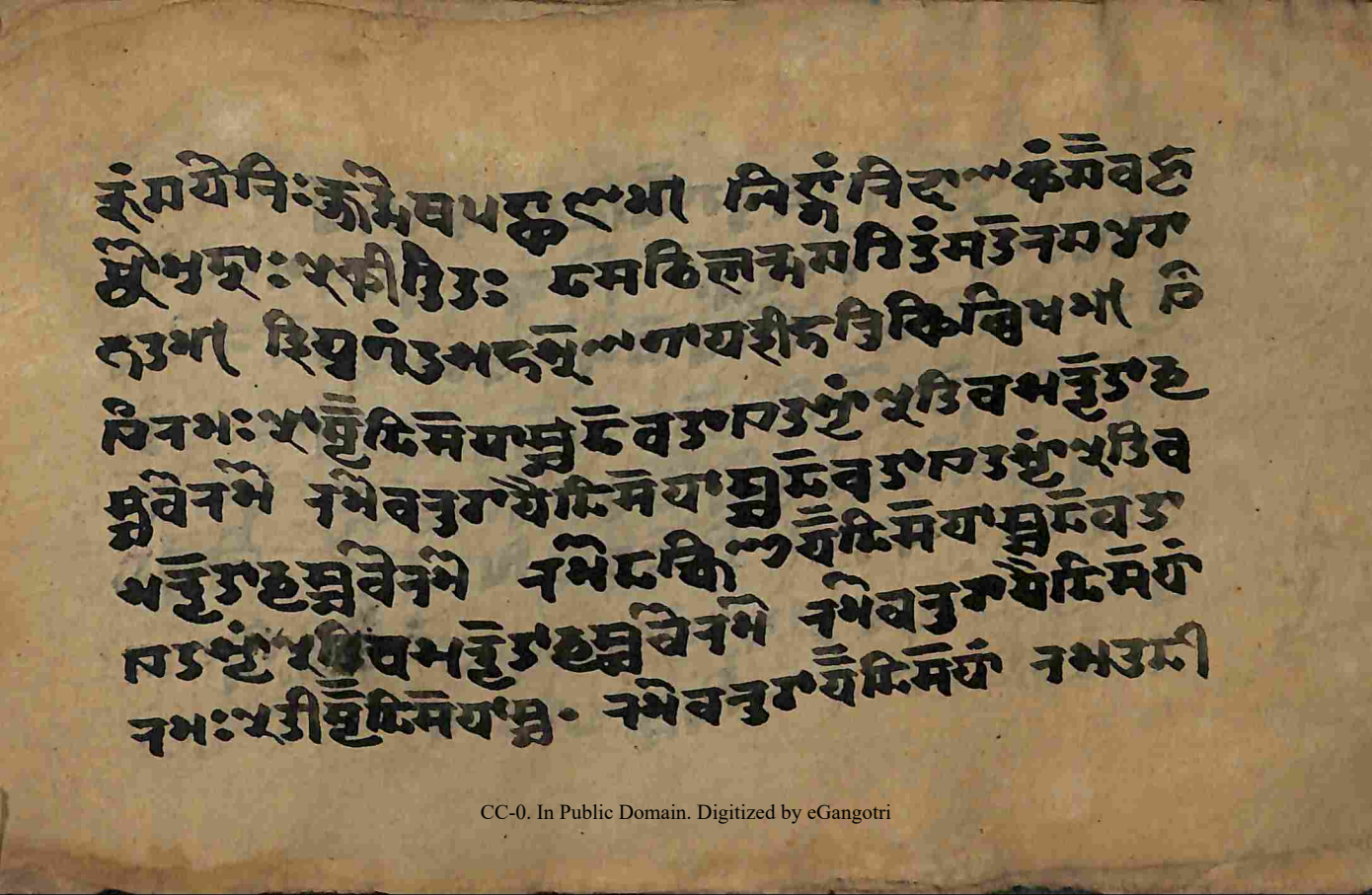

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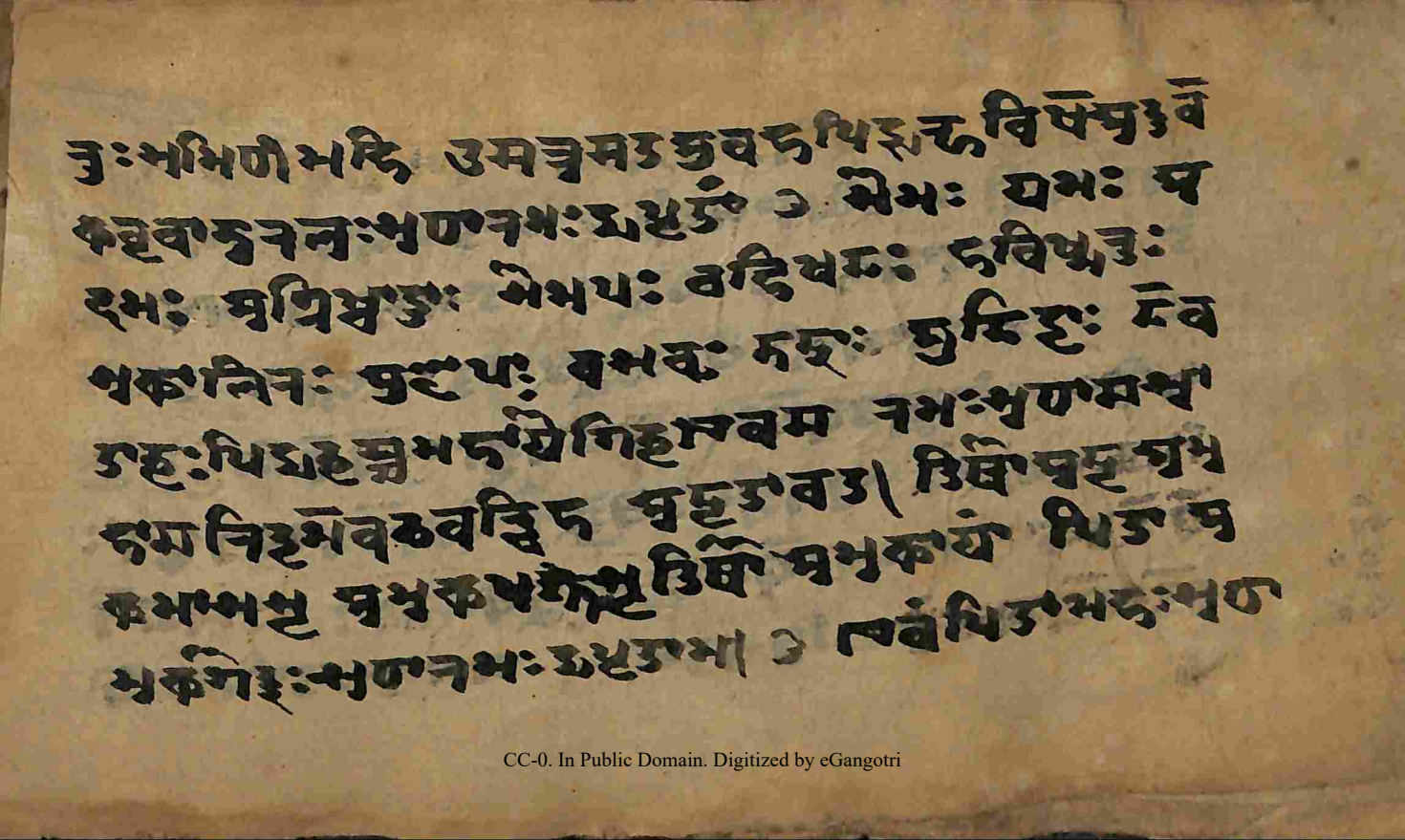

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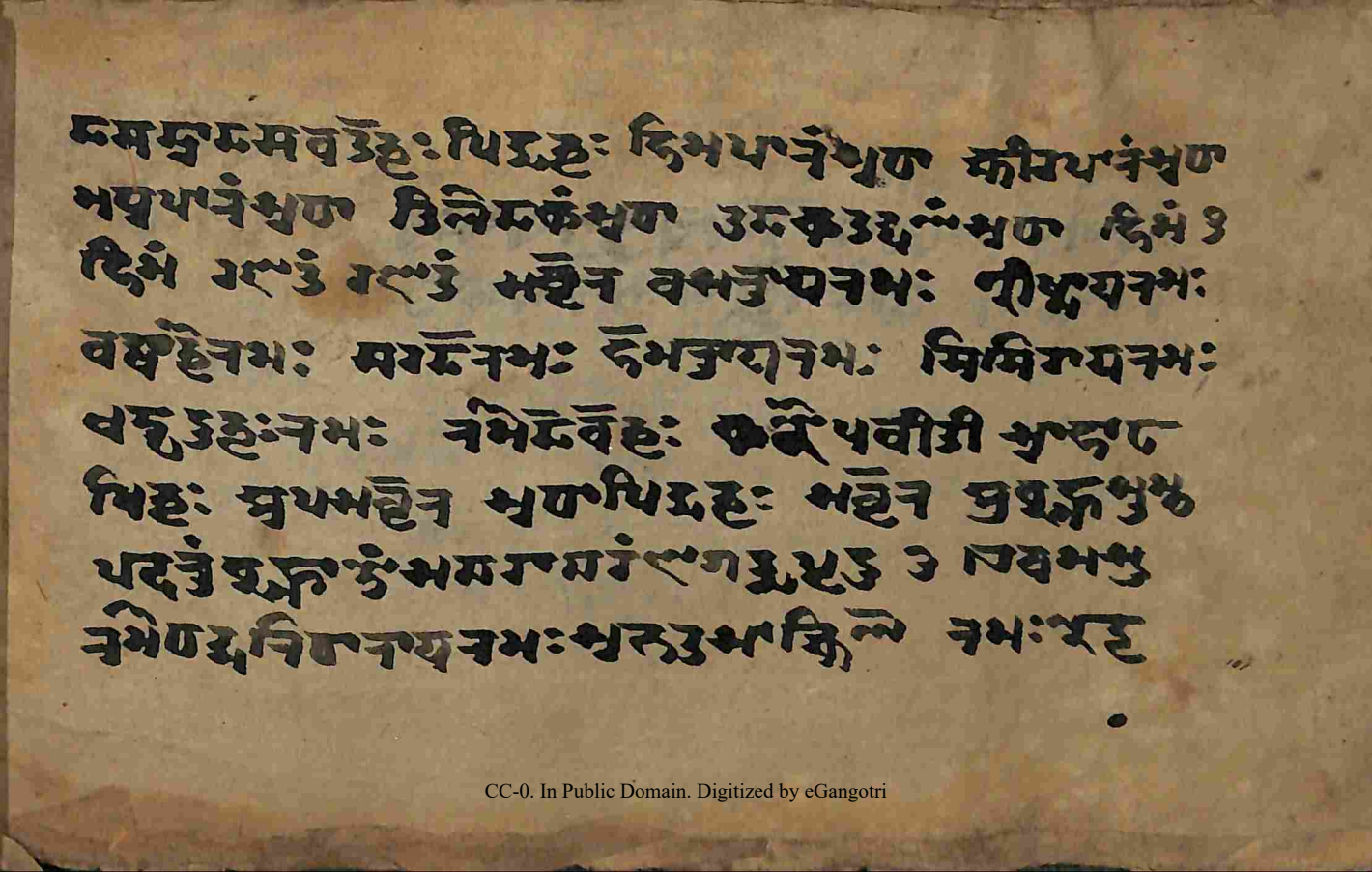

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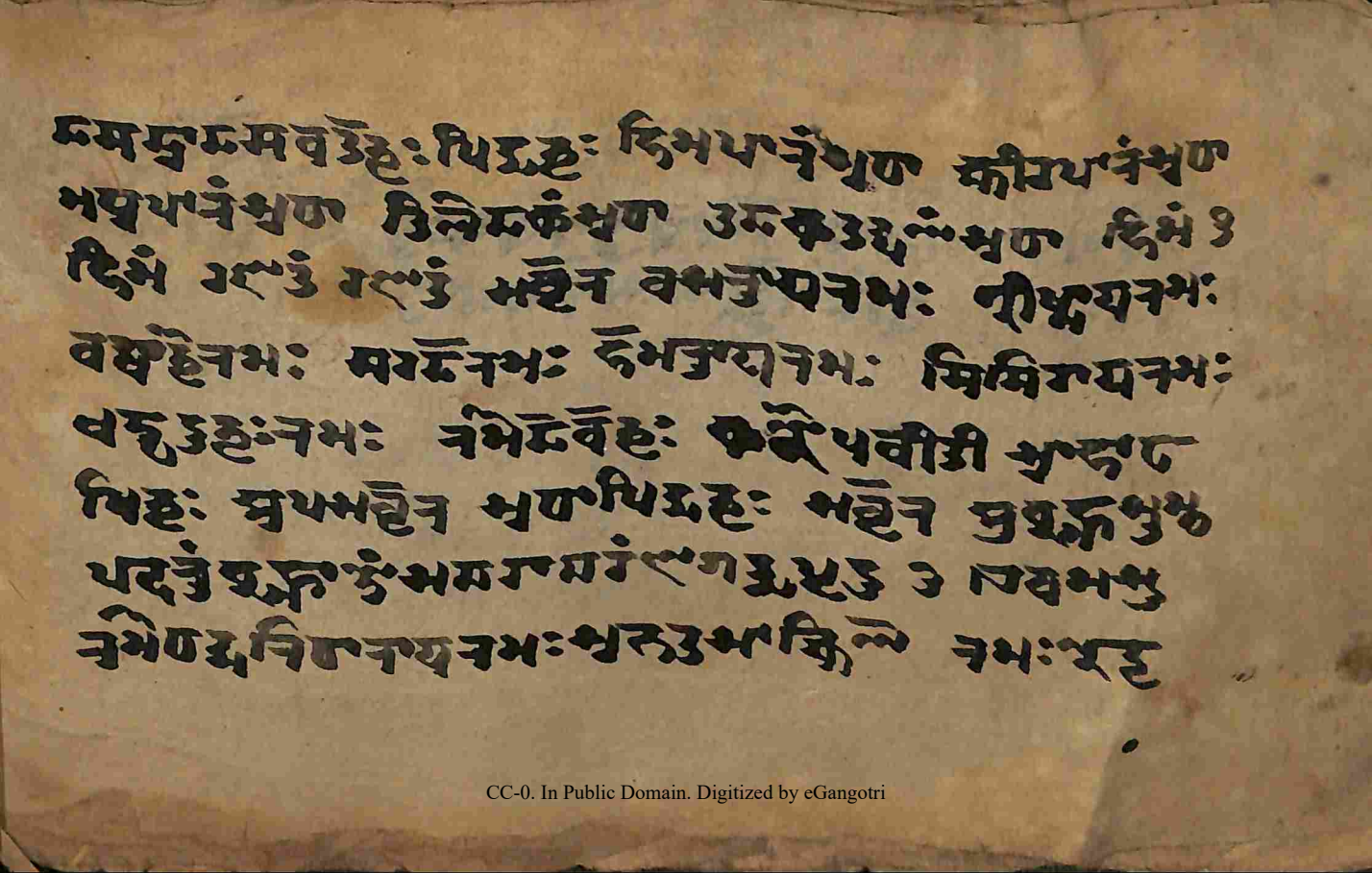

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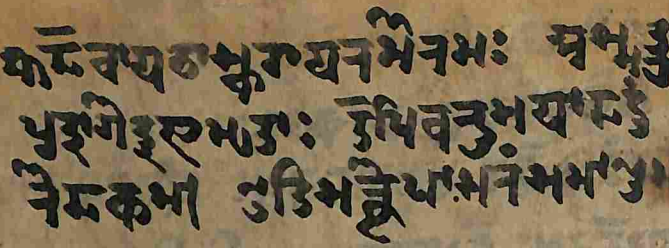

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